

For the Life of You

Fall 2026

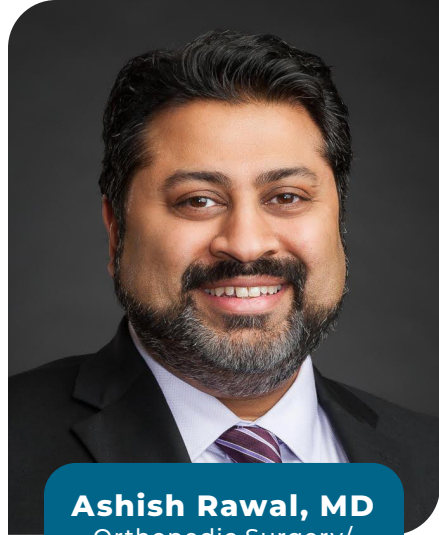
StoughtonHealth

stoughtonhealth.com

Orthopedic Excellence at Stoughton Health OrthoTeam Clinic



 **STOUGHTON**
HEALTH



Ashish Rawal, MD
Orthopedic Surgery/
Sports Medicine

Stoughton Health OrthoTeam Clinic

First in Wisconsin to Offer Mako Robotic-Assisted Shoulder Replacement

Stoughton Health OrthoTeam Clinic is proud to announce that Dr. Ashish M. Rawal was the first surgeon in Wisconsin to perform shoulder replacement surgery using Mako SmartRobotics™ technology.

Shoulder pain caused by arthritis, injury, or wear and tear can make everyday

activities such as reaching overhead, getting dressed, carrying groceries, or sleeping comfortably difficult. When medications, injections, or physical therapy no longer provide relief, shoulder replacement surgery may be an option.

“Every shoulder is different,” shares Dr. Rawal. “This technology helps us better understand a patient’s anatomy and allows for a highly personalized approach to care. Our goal is to help patients reduce pain, restore function, and return to the activities they enjoy.”

With the addition of robotic-assisted shoulder replacement, OrthoTeam Clinic now offers Mako robotic-assisted surgery for hip, knee, and shoulder, making the OrthoTeam Clinic a leader in the region.

OrthoTeam Clinic accepts more than 160 insurance plans, including Dean Health Plan by Medica, Quartz, Alliance, Anthem Blue Cross Blue Shield, Cigna, Humana, Security Health Plan, UnitedHealthcare, and WPS. Most appointments are available within two weeks, helping patients access orthopedic care when they need it.



CLINIC LOCATIONS & CONTACT INFORMATION

Madison Location

2 Science Court
Suite 102
Madison, WI 53711
Phone: (608) 231-3410

Stoughton Location

Outpatient Center (South Building)
900 Ridge Street
Stoughton, WI 53589
Phone: (608) 877-3419

To learn more
or schedule an
appointment,
scan the
QR code or visit
orthoteam.com.



Breast Cancer Awareness Month Early Detection Saves Lives

October is Breast Cancer Awareness Month, a reminder of the importance of early detection and regular screening. When breast cancer is found early, treatment is often more effective and outcomes are generally better.

Stoughton Health offers comprehensive breast imaging services, including 3D mammography, breast ultrasound, breast MRI, and stereotactic and ultrasound-guided breast biopsy procedures. Having advanced screening and diagnostic services available locally makes it easier for patients to stay current with recommended care.

This October, take time to prioritize your health and encourage the important women in your life to do the same.



Stoughton Health
Medical Imaging Team

To learn more about breast imaging services or to schedule a mammogram, call Stoughton Health Medical Imaging at (608) 873-2299 or visit stoughtonhealth.com.

HONORING OUTSTANDING CARE

Stoughton Health is honored to receive recognition for delivering high-quality care and advancing the well-being of the patients and communities we serve.



Get With the Guidelines® - Stroke

Stoughton Health received the American Heart Association’s Get With the Guidelines® – Stroke Rural Recognition Silver Award for its efforts to improve stroke care and reduce health outcome disparities in rural populations.



Mammography Accreditation

Stoughton Health has been awarded a three-year term of accreditation in mammography after a review by the American College of Radiology® (ACR). The ACR gold seal of accreditation represents the highest level of image quality and patient safety.



People’s Choice

Stoughton Hospital was voted People’s Choice Winner for Best Hospital and Favorite for rehabilitation facility, and medical imaging/diagnostics.

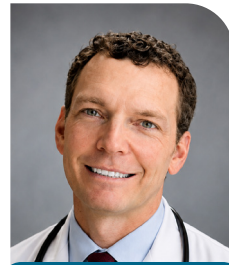
COMING LATE FALL

Two General Surgeons Joining Stoughton Health!

Stoughton Health is proud to expand access to surgical care close to home with the addition of **Dr. Jonathon Kuo** and **Dr. Aaron Perme**, two experienced general surgeons. Their expertise includes hernia repair, breast and thyroid surgery, colonoscopy and endoscopy procedures, emergency general surgery, wound care, and more. **Stay tuned for more details this fall!**



Dr. Jonathon Kuo



Dr. Aaron Perme

HEALTHY FEET, HEALTHY LIVING

Expanded Foot Care Services to Keep You Moving

Stoughton Health's Foot Care Clinic

Monday – Thursday 8:15 a.m. – 3:30 p.m.

Stoughton Health Community Health & Wellness Center
3162 County Road B, Stoughton

Offering foot care services including foot inspection, toenail trimming, massages, and proper foot care education. Cost \$30.

To schedule an appointment, call (608) 873-2332.



STOUGHTON
HEALTH
Urgent Care

Convenient Care for Life's Unexpected Moments

Stoughton Health Urgent Care Clinics



Stoughton Health accepts over 160 insurance plans, making it easier than ever to access the care you need.

THREE CONVENIENT LOCATIONS:

Cottage Grove Urgent Care Clinic

110 Limestone Pass, Suite 103 | (608) 501-6230

Mon–Fri: 8 a.m. – 8 p.m. **Sat & Sun:** 9 a.m. – 5 p.m.

Oregon Urgent Care Clinic

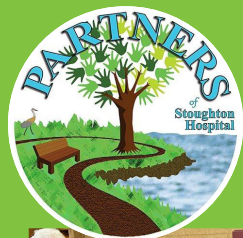
990 Janesville Street | (608) 835-5373

Mon–Fri: 8 a.m. – 8 p.m. **Sat & Sun:** 9 a.m. – 5 p.m.

Stoughton Hospital Urgent Care

900 Ridge Street | (608) 873-6611

Daily: 6 a.m. – 11 p.m. (Including weekends & holidays)



Partners of Stoughton Hospital

The Partners of Stoughton Hospital is a volunteer organization that supports Stoughton Health through fundraising, community events, and service.

To learn more about becoming a member or supporting the Partners, visit stoughtonhealth.com/partners-of-stoughton-hospital or call (608) 873-2205.



AUTUMN CARD PARTY

Thursday, October 15th
12:00 p.m. – 2:00 p.m.

Your donation of just \$12 includes a light lunch, a beverage, and an afternoon of bridge or euchre.

Christ Lutheran Church
700 County Rd B, Stoughton

Walk-ins and singles are welcome!
To sign up, please call Steve at (608) 445-9715 and leave a message if he's not available.

Love Light

"Peaceful Reflections"

Thursday, December 3rd
at 4:30 p.m.

Stoughton Hospital (North Building)
900 Ridge Street, Stoughton

A traditional tree-lighting ceremony to remember, honor, and recognize those who have touched our lives.

To make an online donation to Love Light, please go to stoughtonhealth.com/partners-of-stoughtonhospital/love-light

The community is encouraged to attend.



A GIFT THAT SUPPORTS EXCEPTIONAL CARE

The Stoughton Hospital Foundation is honored to announce a generous \$50,000 donation from Thomas N. Hatlen to support the purchase of a new Mini C-Arm imaging system for Stoughton Health's surgical services.

When asked why he chose to make such a significant gift, Hatlen's answer was simple: "Why wouldn't you?"

Hatlen said he wanted to help ensure high-quality healthcare remains available close to home for future generations.

"Tom's generosity is a wonderful example of what makes our community so special," said Laura Mays, Executive Director of the Stoughton Hospital Foundation. "His gift will help us continue providing exceptional care right here in our community."

To learn more about the Stoughton Hospital Foundation or make a gift, visit stoughtonhealth.com/stoughton-hospital-foundation/



Thomas N. Hatlen and Lori Allen,
Stoughton Hospital Foundation
Board Director

The Stoughton Hospital Foundation raises funds to support programs, technology, and services that enhance patient care throughout Stoughton Health.

22nd Annual Swinging for Health Golf Outing and Card Party

On Wednesday, September 16th the Stoughton Hospital Foundation hosted the 22nd Annual Swinging for Health Golf Outing and Card Party. Golfers, card players, virtual auctions, raffles, and more contributed to Stoughton Hospital Foundation raising over \$60,000 to support the needs of Stoughton Health! Special thank you to The Oaks Golf Course for hosting this event, and Charlie Shortino of NBC 15 WMTV for the “Crush Charlie” challenge. We also acknowledge and are grateful for the support of our generous sponsors, raffle donors, participants, staff, volunteers, and local businesses for making this such a successful event.

Tournament Sponsor:

JP Cullen

Executive Sponsors:

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DEMI Healthcare Partners | SWEA
Eldon Homes
First Business Bank
Nations Roof
Tancill Investment Group of RBC
Wealth Management

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Eppstein Uhen Architects (EUA)
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One Community Bank
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Quarles

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Specialty Sponsors:

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Cottage Grove

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Delta Dental of Wisconsin
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Gunderson Funeral & Cremation Care
In Memory of Marv and Bert Klitzke
J.F. Ahern
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Partners of Stoughton Hospital
Pizza Pit
Quartz
State Farm – Abbey Welsh
Stoughton Wellness Coalition
Symdon Chevrolet
WISHIN
World Insurance
Yahara Dental



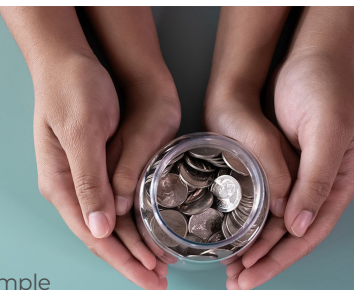
PLANNING YOUR LEGACY, YOUR WAY

Learn practical ways to support the causes you care about
through thoughtful gift planning.

Tuesday, October 27 | 5:00–6:30 p.m.

Stoughton Hospital (North Building) | 900 Ridge Street, Stoughton

Enjoy appetizers and refreshments while learning about charitable giving opportunities you may not have considered. Local experts will share practical information on estate planning, simple strategies for giving back, planned giving, and how anyone can support our community. To learn more, call **(608) 873-2334**.



Stoughton Health Community Classes and Events

Registration Required For All Events
stoughtonhealth.com/events

Community Wellness Screenings

Tuesday, September 29 or
Thursday, November 5
starting at 7 a.m.
Community Health & Wellness Center
3162 Cty Rd B, Stoughton

Screenings offered: blood pressure, body composition, bone density, blood glucose, functional movement, cholesterol, and more! Participants will receive a 15-minute one-on-one health coaching session to be scheduled at a later date. Registration required. The screening is \$35.

Safe@Home (Stoughton)

Tuesday, October 6
3:45 p.m. – 5:15 p.m.
Stoughton Hospital (North Building)
900 Ridge Street, Stoughton

Students in grades 4th-6th learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Registration required. The class fee is \$25.

Stay Active with Healthy Ankles: Managing Pain, Arthritis, and More

Wednesday, October 14
5:30 p.m. – 6:30 p.m. online

Dr. Zachary Lind, OrthoTeam Clinic Podiatrist, will discuss the common causes of ankle pain—including arthritis, old injuries, tendon problems, and instability—and share treatment options, prevention tips, and when it's time to see a specialist. Registration required. FREE

Planning For Your Future

Wednesday, November 4
1:00 p.m. in person
Community Health & Wellness Center,
3162 Cty Rd B, Stoughton

Join Ellen Taylor, ADRC Dementia Care Specialist, to learn about health and financial advance directives, how to choose a healthcare agent, and the different types of directives. Understand how dementia can make planning harder and get tips for talking about end-of-life wishes with loved ones. Registration required. FREE

Free Memory Screening

Wednesday, November 4
12:00 p.m. – 3:30 p.m.
Community Health & Wellness Center
3162 Cty Rd B, Stoughton

A memory screening is a simple and safe 15-minute brain health check-up that tests memory and other thinking skills. The screening helps indicate if someone needs a comprehensive medical evaluation. Registration required. FREE

Safe@Home (Oregon)

Thursday, November 5
3:30 p.m. – 5:00 p.m.
Oregon School District Office
123 E Grove Street, Oregon

Students in grades 4th-6th learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Registration required. The class fee is \$25.

SafeSitter (Fitchburg)

Saturday, November 7
9:00 a.m. – 2:45 p.m.
Forest Edge Elementary School
4848 Brassica Road, Fitchburg

The Safe Sitter® course prepares students in grades 6th-8th to be home alone, watch younger siblings, or babysit. Registration required. The class fee is \$50.

Hip Pain Relief

Tuesday, November 10
5:30 p.m. – 6:30 p.m. online

Join OrthoTeam Clinic's Dr. Joseph Henningsen to learn about the causes of hip pain and surgical/non-surgical treatment options. Registration required. FREE

Compression Only CPR (COCPR)

Wednesday, November 11
1:00 p.m. – 2:30 p.m.
Community Health & Wellness Center
3162 Cty Rd B, Stoughton

Participants will learn how to perform COCPR and practice on adult manikins. Class also includes an overview on choking and abdominal thrusts, how to use an AED, and COCPR for infants and children. Registration required. FREE

Safe@Home (Stoughton)

Tuesday, December 8
3:45 p.m. – 5:15 p.m.
Stoughton Hospital (North Building)
900 Ridge Street, Stoughton

Students in grades 4th-6th learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Registration required. The class fee is \$25.

Foot Freedom: Tackling Common Issues

Wednesday, December 9
5:30 p.m. – 6:30 p.m. online

Join OrthoTeam Clinic's Dr. Zachary Lind to discover how the foot works and learn practical tips to address common issues like bunions, plantar fasciitis, and Achilles pain and find out when it's time to see a doctor. Let's get you back on your feet pain-free and confident! Registration required. FREE

SafeSitter (Stoughton)

Saturday, December 12
9:00 a.m. – 2:45 p.m.
Stoughton Hospital (North Building)
900 Ridge Street, Stoughton

The Safe Sitter® course prepares students in grades 6th-8th to be home alone, watch younger siblings, or babysit. Registration required. The class fee is \$50.



Questions? Please call (608) 877-3498.

MISSION:

The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.


FALL 2026

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Community Events

Creekside Resource Fair

Wednesday, October 7
 9:00 a.m. – 12:00 p.m.
Creekside Place
 100 Creek Side Drive
 Evansville

Food for Kidz

Saturday, October 10
 8:00 a.m. or 10:30 a.m.
Stoughton Fire Department
 401 E Main Street
 Stoughton
 Call 608-873-8502 to sign up!

Evansville Chamber Fall Fest

Saturday, October 10
 3:00 p.m. – 9:00 p.m.
 Downtown Evansville

Free Overdose and Narcan Training

Tuesday, October 20
 6:00 p.m. – 7:00 p.m.
 Online
 Call 608-877-3474 to sign up!

Medication Disposal and Sharps Collection Events

Oregon Police Department
 Saturday, October 24
 8:00 a.m. – 11:00 a.m.
 383 Park Street
 Oregon

Evansville Police Department
 Saturday, October 24
 8:00 a.m. – 10:00 a.m.
 10 W Church Street
 Evansville

Stoughton Fire Department
 Saturday, October 24
 9:00 a.m. – 11:00 a.m.
 401 E Main Street
 Stoughton

Viking Booster Trek

Sunday, October 18
 10:00 a.m.
Stoughton High School
 600 Lincoln Avenue
 Stoughton

Olde Fashioned Christmas

Friday, November 20 through
 Saturday, November 21
 25 W Main Street
 Evansville

Stoughton Hospital Annual Meeting

Monday, November 23
 5:00 p.m. – 6:00 p.m.
Stoughton Hospital (North Building)
Bryant Health Education Center
 900 Ridge Street
 Stoughton

Victorian Holiday Weekend

Friday, December 4
 through Sunday, December 6
Arts & Entertainment District
 532 E Main Street
 Stoughton

Christmas in the Grove

Friday, December 4 through
 Sunday, December 6
 Cottage Grove

Winter Wonderland in the Village

Saturday, December 5
Arnold Larson Park
 6002 Exchange Street
 McFarland

Support Groups

Memory Café

Meets 1st Tuesday of the month
 9:30 a.m. – 11:00 a.m.
Stoughton Hospital (North Building)
Bryant Health Education Center
 900 Ridge Street
 Stoughton

Contact: Stoughton Senior Center
 at (608) 873-8585

Parkinson Support Group

Meets 2nd Monday
 12:15 p.m. – 1:15 p.m.
Community Health & Wellness Center
 3162 County Road B
 Stoughton

Contact: Stoughton Health
 Community Education at
 (608) 877-3498

Blood Drives

Friday, October 16
 8:00 a.m. – 1:00 p.m.

Friday, December 11
 8:00 a.m. – 1:00 p.m.

Community Health & Wellness Center
 3162 County Road B
 Stoughton



GRAB A BITE. GIVE BACK.

Stop by Culver's in
**Cottage Grove, Stoughton,
 McFarland, or Oregon**
 on **Monday, October 5,**
 from **4:00–8:00 PM.**

10% of sales
 will support the
**American Heart
 Association, American
 Cancer Society, and
 Alzheimer's Association.**